

I treat myself and my students with kindness and respect.

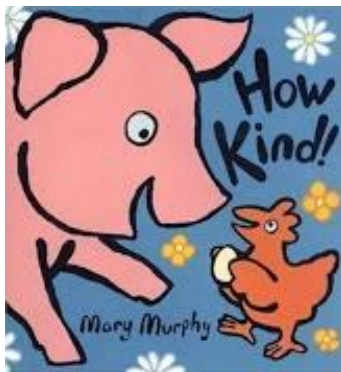
Day 1 Theme: **Kindness and Respect**

Book: **How Kind** by Mary Murphy

Activity: Teaching Children About Kindness and Respect

1. Introduce the book **How Kind** by Mary Murphy. Ask the children what they think it means to be kind.
2. Read the story. Discuss how the characters were kind to each other.
3. Ask the children to share times when someone was kind to them.
4. Use the white circle cutouts to record ideas (in words or illustrations) about how children can show kindness to one another in school. Once recorded, post the circles somewhere in the room where staff and children can refer to them.
5. Show the children how to create a **Kindness Jar**. Explain how the jar will work in the classroom. Use the handout for guidance.
6. Use the jar daily in the classroom to acknowledge acts of kindness. Reinforce the idea of respect which is treating others the way you would want to be treated.

Fun Extra Activity- https://www.kaplanco.com/ii/color-mixing?CategoryID=28&utm_source=bm23&utm_medium=email&utm_term=Kindness+Color+Mixing+Activity&utm_content=%E2%9D%84%E2%8F%A5SnOw+COOL+Pins+to+Try!+%E2%9D%84%E2%8F%A5&utm_campaign=January+2019-+Pinterest+Resources



Parent Email: Attachment: How to Make a Kindness Jar

Parent Video: Science of Kindness: <https://www.randomactsofkindness.org/the-science-of-kindness>
& Kindness Through Their Eyes <https://www.youtube.com/watch?v=c7YW9cMQrw0>

How to Teach Kindness to Children, Activity

Kindness Jar Materials

- Jar and Label
- Cotton balls

Teach Kindness Jar Approach (School and Home)

- Ask the child what it means to be kind
- Introduce the jar to the child (you can use any jar you have around)
- Explain that you will be adding cotton balls/ pompoms as you notice kind acts throughout the day and weeks
- Come up with a fun celebration once your jar is “full of kindness”
- Explain that you may notice an act of kindness or let the child know that he may also add pompoms/ cotton balls to the jar if he notices kindness. Adjust the rules to whatever works for your situation.
- Continue the discussion at meal/snack time by asking questions such as “*Was someone kind to you today?*” “*Did you help someone today?*” This simple act of asking questions stimulates a child to think about kindness and how it impacted his day for better or for worse.

